



Dr. Miho's Counseling Room

**4, Ramkhamhaneg 129/4, Saphan Soong, Saphan Soong,
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<https://drmiho.com>

katsumatam@gmail.com

089-7632770 (emergency only)

Counseling Information and Informed Consent Form

Introduction

I am Dr. Miho Katsumata, a licensed psychologist, certified school psychologist, Sandplay Therapist (ISST) and holds a PhD in Counseling Psychology. My areas of specialization are Jungian Sandplay Therapy and children's psychology. My main clients are children, but I also work with adolescents and adults. I work with children's developmental and psychological issues, and adolescents' and adults' self-discovery, emotional healing, interpersonal relationships, psychological stress, traumatic experiences, and mental illnesses such as anxiety disorders and depression. This document contains important information that is necessary before counseling can begin. Please read it carefully and feel free to ask any questions you may have. When you sign and submit the signature line on the last page, an agreement has been made between us.

About Counseling

Unlike a doctor's visit, counseling requires an active effort on the part of the client. In order to maximize the outcome of counseling, it is necessary to make efforts outside of counseling time. Counseling has both benefits and risks. As you may remember or talk about unpleasant things that have happened in your life, you may temporarily feel low, express anger, or may have nightmares. However, this is usually transient. The benefits of counseling are better relationships, resolution of specific problems, and relief of psychological distress. Different people have different experiences with counseling.

Clients' Rights

- Clients have the right to obtain information about counseling procedures, methods, and duration.
- The client has the right to ask the counselor for a referral to another mental health professional.
- The client has the right to discontinue counseling at any time. (However, it is recommended that a full course of Sandplay Therapy be fulfilled. Endings are managed very carefully by me and unplanned termination can affect your child negatively. In the event that the therapy must be terminated before the scheduled

agreement, please give a few sessions notice to allow adequate time to conclude the therapeutic relationship.)

- The client's confidentiality is protected. However, the following exceptions apply. (Ref. About Confidentiality)

About Confidentiality

Personal information shared between clients and counselors is legally protected, but confidentiality does not apply with the following exceptions.

- When it is known that the client is likely to cause serious harm to himself/herself or others.
- A client who is a minor discloses to the counselor that he/she has been abused or neglected.
- If it is found that a disabled person, an elderly person, or a minor child is abused or neglected.
- If the client has physically or sexually abused a minor child and is found to be at risk of continued abuse of that child or other minor children.
- If the counselor's records are the subject of a court order or other legal proceeding and disclosure is requested.

Duration and Frequency of Counseling

The duration of counseling sessions varies from person to person, and it is possible to feel refreshed and healed after just one or two sessions with a counselor. In general, it is recommended that counseling sessions using nonverbal approaches, such as Sandplay Therapy, play / expressive therapies, be conducted at least eight to ten sessions. This principle is especially true for children.

Counseling Fee

Initial parent consultation for child clients is free of charge. 1 session (50 minutes) of counseling costs 1,500 Baht. (For group counseling, the fee is 1,000 Baht per person.)

Psychoeducational Assessment Fee

I am able to assess a Japanese child with KABC II Japanese Version, Beery-Buktenica Developmental Test of Visual-Motor Integration Sixth Edition, projective tests (emotional functioning) and write a full report in English. And I charge 6,000 baht for this service. I am also able to offer an English speaking psychoeducational assessment collaborating with other professionals. The fee for the English speaking service would differ from my own service. Please connect with me for further details.

Online Counseling

For online counseling, we will send you a Zoom link one day in advance after your payment is completed; please contact us if you prefer an online tool other than Zoom.

Payment Method

Payment should be made to the bank account below at least one day before the counseling session. Please be sure to send me a copy of your payment by email.

Bank Name: Krungsri Bank

Account Name: Mrs. Miho Katsumata

Account Number: 326-1-51775-9

Cancellation

If you need to cancel after making a reservation, please contact me as soon as possible. In the case of last minute cancellations, refunds may not be possible. However, if there is an unavoidable reason, a refund will be given.

Contacting the Counselor

In order to maintain a healthy client-counselor relationship, please refrain from contacting me for psychological consultation or other services outside of counseling. (For example, please refrain from sending frequent and lengthy emails to me to update your current situation, or from calling me on my cell phone to discuss your concerns.) However, if you have an urgent need for advice (e.g., if you are feeling suicidal and have no one to talk to nearby), please contact me by SMS on my cell phone (089-7632770). If you cannot reach me, please contact your family doctor or the nearest emergency room and receive instructions from a psychiatrist.

For Child Clients

To maximize the effectiveness of counseling, it is important to respect the child's privacy and autonomy in counseling and to watch over the child as a parent. Please note the following points in particular.

- The initial parent consultation session is free of charge and lasts about 30 minutes. After about 4-5 sessions of counseling for your child, I will provide a free parent consultation of about 20 minutes, if necessary. After that, I will continue to provide parent consultation as needed about once every 4 to 5 sessions.
- Please refrain from requesting detailed information about your child's counseling at any time, as I will inform you of your child's counseling progress during the parent consultation.
- I recommend that you wait to be approached by the counselor with the understanding and trust that the counselor may, in her professional judgment, provide information to the parents if necessary outside of the prearranged parent consultation.
- While parents generally have the legal right to request counseling records for minor clients, please refrain from requesting records unless both the counselor and parents agree that it is extremely necessary, so as not to interfere with your child's counseling process. (For example, please refrain from viewing or photographing the sand tray images your child has created.)

Consultation

Counselors receive ongoing professional training such as supervision, to improve their own expertise. As such, they may consult with a supervisor regarding a client's case. In doing so, great care is taken to ensure that the client is not identified as a specific individual.

Research Cooperation

I would appreciate permission to use client data for case studies. The purpose of the case study is to be presented at a conference or training session or published in an academic journal. Personal information such as real names and affiliations will not be disclosed so that the client is not identified as a specific individual.

Will you give me permission to use your or your child's data in my case study?

Please check (✓) one of the boxes. Yes ____ No ____

Prevention of Covid-19

To prevent the spread of Covid-19 infection, please refrain from coming to the counseling session if you have a fever, cold, or other symptoms. (In the event of an unavoidable cancellation, we will refund the fee after payment has been made.) Please also understand that we ask that you wear a mask, disinfect with alcohol, and use rubber gloves (the gloves will be provided) when doing the Sandplay Therapy.

If you agree to the above document, please sign below.

Signature:

Name:

Date